

Stirrup measurements are taken from the inside branch of the stirrup across the tread to the other inside branch. Stirrups that are too small are more difficult to retrieve and may not release your foot easily during a fall.

	4.25"	4.5"	4.75"	5"
Men's US	5.5	6 – 7.5	8 – 10.5	11+
Ladies' US	7	7.5 – 9	9.5 - 12	12.5+
Men's EU	38	39 – 40/41	41 – 43/44	44+
Ladies' EU	37	38 – 39/40	40 – 42/43	43+